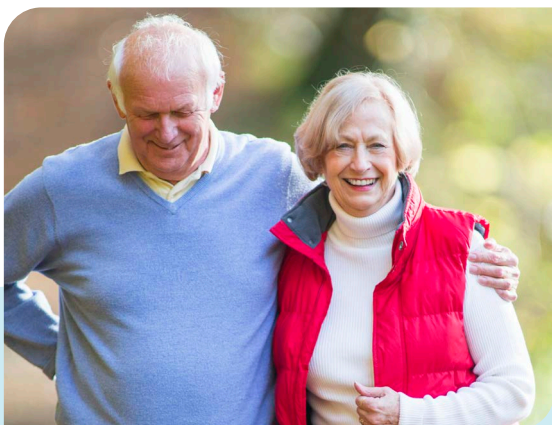




Priory Hospital Woking

Hear from the parents of an addiction patient

We are the parents of an alcoholic and drug addict. We first attended Priory in November 2018 when our son had his first treatment. At that time, he and we had been struggling with his addiction for approximately 10 years. Since 2018, he has attended Priory on another occasion in July 2019.




When we first contacted Priory, we were in a state of confusion and desperation. Priory immediately took in our son, which was a great support to us. From the start, we were made to feel welcome by all the staff, who reassured us that our son was in safe and experienced hands.

The family support we received while our son was in treatment was beneficial for both him and us. During his treatment at Priory, we received excellent advice and education, which opened our eyes to our emotions, behaviours and the recovery we needed to undertake.

At the start, we really had no idea how to manage our recovery or had any clarity as to how we were feeling. By attending the joint inpatient family and family support group with our son's therapists, we began to understand our reaction to our son's addiction and the theories of how to manage our own personal recovery. The Priory therapists were brilliant teachers, supportive for both sides, helping us get over the initial panic of not knowing what we were dealing with. All the sessions provided a channel of communication, gave us and him confidence to raise issues and emotions that we had been afraid to broach before for fear of upsetting the other, and to look at these in an open, non-confrontational way.

There were also times when we had 'one-to-ones' and the therapists were totally professional. They encouraged any issues to be discussed and understood on both sides. The 'impact letter' was a milestone in communication with our son; it is a very positive idea. It was tough to do, but was the beginning of better communication between us and our son as he left treatment, and we started to rebuild our relationship with him.



Since our son's stay in treatment, we have continued to regularly attend the weekly family support group sessions. The support from Priory is always consistent and regular contact is encouraged - this has helped us immensely through this difficult period. The family support group is fundamental to our recovery. The sessions have taught us to understand our behaviours in a very informed and educated way, and provided amazing support for our own recovery, setting boundaries and taking the theory into practice.

We find the sessions extremely rewarding because we continue to learn and revise what we have already experienced. We learn about addiction from the therapist and are able to share feelings and experiences with others in the group in a confidential, non-judgemental environment. We gain support from the other members of the group in discussing our concerns and find others have faced similar issues. It is good to know we are not alone. The therapists manage the sessions extremely well. We have learned about addiction in these sessions, about the effect of addiction on the addict but also the effect on their loved ones, family and friends. Some sessions are structured and some are for sharing, which works well.

Addiction is a complicated condition so the benefits become more and more apparent as each session is completed. It takes time to absorb all the information and to gain experience, so it is excellent that Priory provides this aftercare support and we can't say enough good things about it.

What we have learnt and experienced from Priory is practised nearly every day now and is part of our life.

Thank you to all at Priory.

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Enquiries and further information

For more information, please contact Priory Hospital Woking:

Visit: www.priorygroup.com/woking

Call: 01483 489 211

Email: woking@priorygroup.com

For the most up to date information on our services, please visit our website.

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